

NEN202: Mind Body and Heart Workshop at IIT Delhi

Registration open for July 2018

Total 50 hrs. in 7 days

Schedule for Workshop at IIT Delhi

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Fitness Sessions	Aqua aerobics and Yoga 2 hrs each session. Total 12 hrs					
Interactive Sessions (Total 12 hrs)	Being Happy 30 min	Satisfaction in Life 30 min	Positive Emotion 30 min	Stress Management 30 min	Time Management 30 min	Balance of Life 30 min
	Q&A 90 min	Q&A 90 min	Q&A 90 min	Q&A 90 min	Q&A 90 min	Q&A 90 min
Cultural Sessions	Western Dance Class 2 hrs each session. Total 12 hrs					
Spiritual Sessions (Total 12 hrs)	Meditation Intro	Patanjali Yogasutra	Scriptures	Karmayoga	Bliss	Happiness for all
	Heartfulness meditation session 1 hrs each session. Total 6 hrs					

- A 2 hr session on 7th day to wrap up, feed back and Plans for future. Total duration 50 hrs

Institute Faculty Coordinator: Rahul Garg

External Resource Persons:

1. Narendra Arya

B.Tech (Hons.) IIT Kharagpur, M.Tech IIT Kanpur, Research Scholar (External Registration) at NRCVEE, IIT Delhi in well-being and meditation related subject. Technocrat, Heartfulness meditation trainer. Experience of Practicing, Participating and training in meditation, yoga, Pranayama, Interactive sessions, Spirituality, Leadership programs, Happiness Programs. Volunteers to help people find their happiness. He will be focusing on Interactive sessions and spiritual sessions.

2. Neel Sodhi

Neel is a instructor for aqua aerobics, aerobics, western dance, Yoga and other fitness related activities. She is an MBA with experience of working in USA and founder of Retouchinlives. She will be focusing on Fitness and Cultural sessions.